

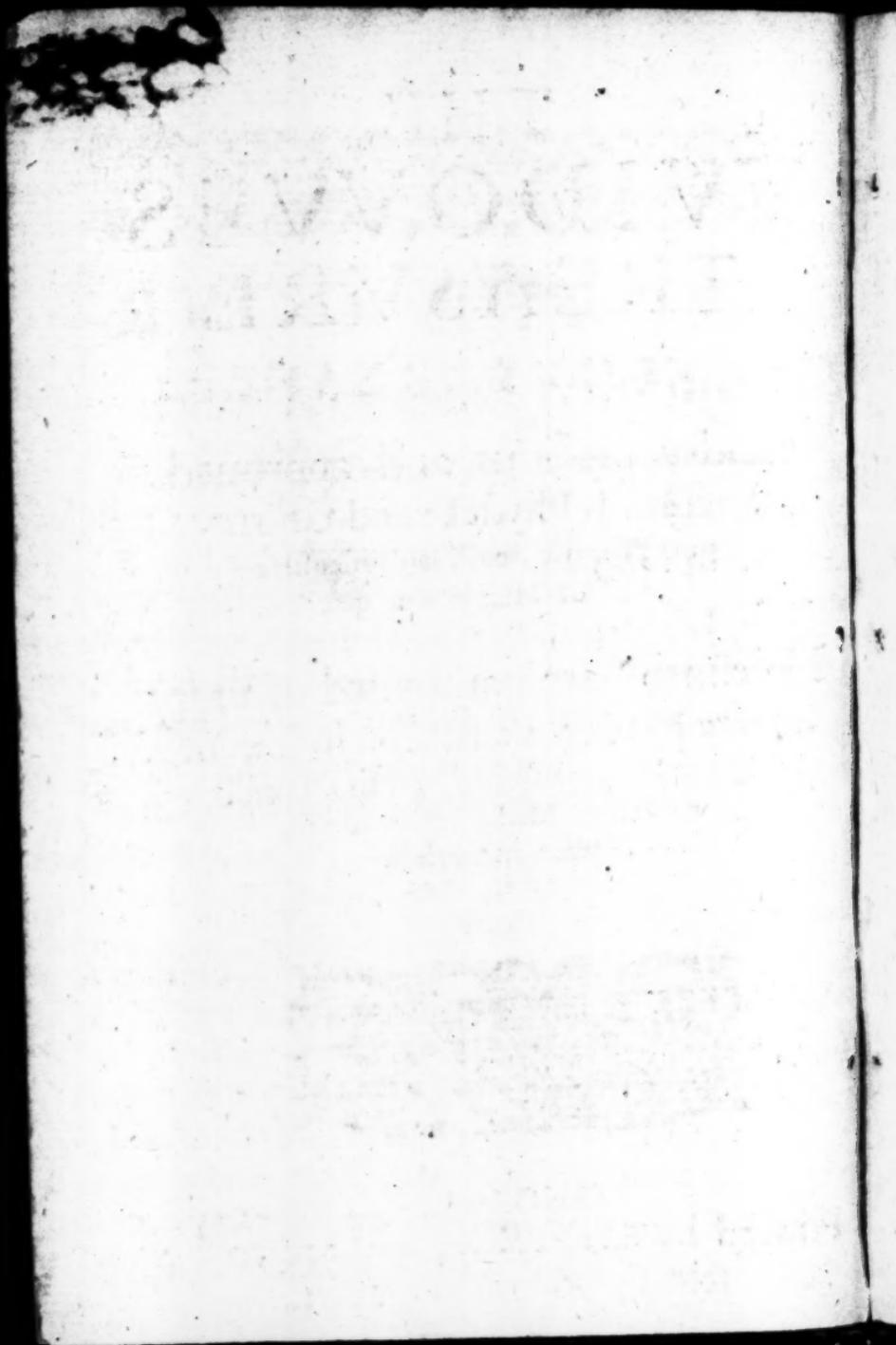
THE VVIDOVVES TREASVRE.

Plentifully furnished with
sundry precious and approued
Secrets in Physicke and Chirur-
gery, for the health and pleasure
of Man-kinde.

Hereunto are adioyned
pretty Practices and conclusions of
Cookery, with many profitable and
wholesome Medicines for sundry
Diseases in Cattell.



LONDON,
Printed by *Eliz. Alde*, and are to be
sold by *Robert Bird*. 1631.





TO THE COVR- TEOVS READER.



His Pamphlet being written (not many yeeres past, as it should seeme) at the earnest request and sute of a Gentlewoman in the Country for her priuate vse, which by these singular practices hath obtained such fame, that her name shall be remembred for euer to the Posterity: The originall Copy (by great chance) was lent me by an especiall friend of mine, in perusing whereof I found it so furnished with such rare experiments & pretty conceits, as thalike are not to my knowledge extant in the English tongue. I thought it my duty for the health & pleasure of many my friends, to set them forth to the view of the world, to be practised especially of those that take delight in such matter, or haue any occa-

To the Reader.

sion through their defects to vse them for their healthis sake. This I dare presume to report of the worke , that there are herein included very many Secrets that I know by the Widdowes owne practice, to be most singular and approued, and though perhaps they are not orderly set downe as many of better skill might haue done , I desire you to consider , that this was of the collection of such a one , as never once thought to haue made common , but onely to his good friend *M. R.*

This caueat sheweth also by the way, to reade them aduisedly and practise with discretion, and as you finde, commend : and so with all humility concluding , I dedicate vnto you this her Treasure and chiefe Jewell , desiring you to be a defence as well for her as me , from all such as shall in your hearing scorne her or me , for disclosing such profitable experiments.

Farewell.

THE VVIDOVVES TREASVRE.

To make Sirrop of Roses or Violets.



A R C of Violets or Rosess a
pound, steepe them in three
pintes of warme water, put it
in an earthen pot with a nar-
row mouth, the space of eight
houres or more, after straine it and warme
the water againe, & put it in againe so ma-
ny Rosess or Violets, and likewise let them
lie eight houres: and thus doe at the least
five times, the oftner the better, in especi-
all the Rosess, and after take to every pint
halfe a pound of Suger, and steepe them to-
gether with a soft sweet fire to the heighth
of a Sirrop: If you haue moxe Rosess or
Violets, or fewer, let so much be the pro-
portion of the water, according to the pro-
portion before.

To make Diatrimon Piperion the best.

Take white Pepper, blacke Pepper, & long
Pepper, of each six drams, and eightene
graines.

The Widowes

graines. Lime, Ginger, Aniseeds, of each
a dram, beate the long Pepper, Anniseeds,
Ginger and Lime into fine powder, bruise
the other two Peppers as grosse as may be,
then take Sugar clarified with Hysop water,
18. 3. seeth the Sugar, and take so much of
the water abovesaid as will cover it. To
know when it is enough, drop a drop on a
canker, and if it will come from the sugar
without cleaving, it is enough. Then after
cooling put in your powder and mix them
all together, and after put all into a pot.

Vivencias huius confectionis sequuntur.

THIS decoction is good to eat
alwayes before and after meat,
For it will make digestion good,
and turne your meat to pure blood;
Besides all this it doth excell,
all windinesse to expell,
And all grosse humors cold and raw,
that are in belly, stomacke, or maw.
It will dissolve without paine,
and keepe ill vapours from the braine:
Besides all this it will restore
your memory though lost before.

V sc

Treasure.

Vse it therefore when you please,
for therein resteth mighty ease.

To make Rosa-solis.

First, take a quart of the best Aqua vitæ
that you can get, and put it into a glasse or
pot of earth, then put into it fine handfuls
of Rosa-solis cleane picked, and the roots and
dead leaues cleane clipped off, a quarterne of
Sugar beaten to powder, nine Dates ope-
ned, and the white skinne within pilled or
pluckt off, then syred the Dates in small pa-
tes, and one Ginger ȝ. vi.ȝ. Nutmeggs. ȝ. An-
melleys, ȝ. iii. Liquorice, beating all these last
rehearsed into fine powder, then put them
all together in the said glasse or pot, letting
them stand very close stopped the space of
thre or fourre dayes, then take them all and
straine the foresaid things into some cleane
vessell as hard as you may, so that you may
have as much of the strength as is possible
to have of it: then take and put the liquor
into the glasse or vessell that you re-
preserue it in, and stop it very close
Strength passe out of it.

Doctor Hatchers powder a
the Stone.

A.

The Widowes

Lake the roots of Treos, Liquorice, Calamus Aromaticus, the haire of the Harts skin burnt, of each ʒi. the roots of Cnula Campana, Philependula, Ginger, long Pepper, Anniseeds, Fennel seed, Marfrage seed, Ana, ʒii. Cinnamon, Maces, Cipercus, Spikenard, Cassion, Betony, Ana, ʒi. Suggar, ʒi. Wine of Alexandria ʒiii. Rhubarbe ʒi. Of all these premisses make a powder fine and small, and take thereof the weight of viii. d. in the morning fasting with white wine, twice or thrice a woeke luke warme. It cleanseth the bladder, backe, reines, and honeyes from the stome, it remedieþ helpe ache, and promoketh a late.

Master Stranges plaster against the Stone.

Lake Plantain, fetherfew, garden Tanie, and Housleke: of each a like quantity, Rampe all these together, and straine them, then take the iurye and put to it Beane flower as shall make it thicke, and thereto add ouer fourte spoudfuls of Honey, and lay them on the fire: which done, put thereto the flower into the Honey, and lay them on the fire together, until they be

Treasure.

be stiffe like a plaister. When you will use this medicine, you must take a double cloth that shall be a quarter of a yard broad, and as long as will goe round about you, and as hot as you can suffer it round about you, and this must you weare two dayes and a night, or else two nights and a day before you take it off.

To prouoke sleepe.

Take a spoonfull of womans milke, a spoonfull of Rosewater, a spoonfull of the iuyce of Lettice, boyle them in a dish, then take some fine flake, and make your plaister as broad as you will haue it lye on your forehead, and then moist it with the same liquor, and grate a little Nutmeg to streyn over it, and lay it to your temples and it will prouoke sleepe.

A soueraigne medicine for the Collicke.

Make a toast of houshold bread of cleane Wheat, and ever as you toast it, cast Marmesie on it, then take dyed Lauender Flowers, and cast it on the toast, then lay it on a thin cloth, and as hot as you can suffer it lay it to your Pauell, as close as you can.

To

The Widowes

To make Aqua Composita.

Take a handfull of Rosemary, a good root
of Cunila Campana , a handfull of Hisop, vi.
handfull of time, vi. handfull of sage, six crops
of mint, as many of Penitall , as many of
Mariernu, vi. handfull of Horehound , two
ounces of liquorice, two ounces of Aniseedes
bruised : then take three gallons of good Ale,
and put therein all these things aforesaid,
and cover the pot close till it boile , and then
set on your Limbecke , and keepe vnder it
but a soft easie fire. And if a man haue the
stone, these herbes be good to put into the
salt water, viz. vi. handfull of Savifrage,
one handfull of Parsley, vi. handfull of Phyl-
lendula, and vi. handfull of Fennell.

For Cough or flegme in the
Stomacke.

Take a quart of stale Ale, and a handfull
of Goosemeat which is named Hayrese,
and a quantity of pared Liquorice , and a
quantity of small Rassins , and boyle all to-
gether into a pinte , and drinke thereof first
and last.

For the Sciatica.

Take Sauery and mire the iuyce thereof
with Wheat flower , and make a plai-
ster

Treasure.

ster shereof, and lay it where you feele the paine.

A soueraigne oyntment for weakenesse
in the backe.

Take a handfull of Daisie roots, and as much of Planten, Wursta Pastoris, Cen-tummody, and the crops of Acorns, ana, a handfull of Hole Armoniacke, and the powder of Harts horne, then take a bucke Cony that is fat, and boyle all these together in white Wine and water, as much water as Wine, till the said Cony be consumed the flesh from the bones, and after take the Cony and the other gaue forth of the broth, and straine the broth into a cleane vessell, and let it stand till it turne into a Jelly, and when you be in bed, cause the backe therewith to be anoynted by a chafingdish of coles thre nights together, and lay thereon a linnen cloth warme, and softly lay it on, but in no wise chafe your backs.

For flegme or stopping in the
Stomacke.

Take two handfuls of Honeysuckle leanes and an ounce of Anniseeds, and thre sticks of Liquorice, boyle all these together in a quart of water, till they be boyled from a quart

The Widowes

quart to a pinte , then drinke thereof in the morning fasting.

For Strangury or Stone in the reynes
of the backe.

Take water of Camomill stilled , and
drinke thereof when you feele paine , an
ounce fasting , vntill the paine be allaid , and
eat a little Sugar after , because the water
is bitter.

To make Oyle of Camomill.

Take Oyle a pinte and a halfe , and thre
ounces of Camomill flowers dryed one day
after they be gathered in the shadow , then
put the oyle and the flowers in a glasse , and
stop the mouth close , and set it in the Sunne
by the space of forty dayes.

To make Oyle of Roses.

Take Oyle washed eightene ounces , the
buds of Roses , the white ends of them , cut
away three ounces , lay the Roses abroad in
the shadow four and twenty houres , then
put them in a glasse to the Oyle , and stop
the glasse close , and set it in the Sunne at
least forty dayes.

The manner how to wash the Oyle.

Take and put it into a basour of faire wa
ter , and beat it well with your hand , that
the

Treasure.

the drosse may fall downe, then take of that part which remaineth aboue on the water with a spine , and put the same Oyle into another bason of faire water , and wash it as you did before , and so purifie it thre or fourte times.

To make the Oytment of Roses.

Take Oyle of Rosees foure ounces , white Wax one ounce , melt them together ouer seething Water , then chase them together with Rose water and a little white vineger.

To make a Tyland.

Take Borage, Langdebeefe, Sozell, Cun-
dice, Cinquefoile , two or thre handfulls of Barley well picked, and both the ends taken off , then take halfe a handfull of red Fennell roots , and a quantity of Liquorice, Sugar candy, Figges , Dates, great Raisins , boyle all together from a gallon to thre pintes.

For the Strangury.

Take a pound of Guiacum , otherwise called Lignum vitæ , and let it be beaten to powder as the Apothecary informeth you, then put the substance thereof in a pot with thre quarts of pure water , and close the mouth

The Widowes

mouth of the pot surely , that in no wise the
ayre thereof goe out , then make but a soft
fire vnder the pot , that it doth not seeth or
boyle , and so remaine so hot , but not boyl-
ing, the space of 24. houres , and at the end
of 24. houres open the head of the pot , and
take the whole substance and liquor and put
it in a Stillitory , and put thereto a pottle of
white Wine , and when you have stilled the
same, drinke thereof euery morning fasting,
or any time when you feele paine , and if you
will haue but halfe a pound of Guiacum,
then according to the proportion of that
quantity , use the ingredience that is aboue
written : and because many cannot come
by white wine , if you haue a pound of Gui-
acum, after the rate put to the pound a gallon
of cleare water to be ordered the space of 23.
houres as is aforesaid, then straine it thor-
ow a cloth , and drinke of it at your plea-
sure , but the vertue thercof will not last past
thre or fourre dayes.

A Clister for the Strangurie.

Take Camomill floweres and Melons
of each one handfull, seeth them in a quart
of water to a pinte , then straine the liquor
and put thereto thre ounces of oyle of Ca-
momill,

Treasure.

momill, and the weight of two groates or
lesse of salt, and prepare the Clister.

For the swelling of the Yارد, or
Cods.

Take Egrimony of the water thereof stri-
led, and put thereto a quantity of Allom,
and set them ouer the fire till they almost
boyle: then with a ragge of linnen cloth a-
noynt the Yارد vnder the skin with the wa-
ter well and warme: and it will abate the
paine of the Yارد and of the Codis also, if
they be washed with the same. And to in-
carnate the skin of the Yارد within, take
the water of Fumitory, and lay Liquorice
pared therein one night, and put of the same
water into the Yارد with a spunge, or else
with a tent of linnen cloth.

Doctor Bartes medicine for Athes
with swellings.

Take flowers of Camomill and Rose
leaves, scethe them in white Wine, making
a plaster thereof, lay it to the place where
any paine, ache, or swelling is.

To make one pisse.

Take the powder of the Berries of Iuie.
and drinke it with white Wine, or else
with Ale hot.

The

The Widowes

The worthy Doctor and excellent practicer Rasis writeth, that whosoever often times snuffeth up into his nostrils the tuyce of great Marictum, shall never be diseased in the head.

A singular remedy for all diseases in the head, of what cause soever.

Take a handfull of Camomill, a handfull of Betony, a handfull of Vervine leavies cleane picked, stamp them and seeth them in Ale-wort, and when it hath sod, put thereunto a little Cumin-seed finely beaten with a little powder of Harts-horne, thre spoonfuls of Vineger, the yolks of two egges and a little Saffron, stirre them about, and lay a plastrer hot ouer all his forehead. It is an approued medicine for the Megrin.

The flworms that are found betweene the barke of trees, which will be round like a pease, sodden in oyle, it maketh a singular oyntment for the Megrin, and the said oyle dropped into the eares, swageth the paine.

An approued medicine for the
Tooth-ache.

The roots of Henbane sodden in Vineger and Rose water, put the decoction in your mouth.

Treasure:

A worthy Purgation to auoid
Choler.

Take halse an ounce of Cassia newly
drawne, a dragine of good Rubat bb, infused
a night with water of Endise, with a little
Spicknerd, and an ounce of sirrop of Vio-
lets, mix all the said things with thre
ounces of Ptisan or Whay and drinke it
warthe.

Against the vnkindly heat of the
Liver.

Take a good handfull of Liverwort that
groweth vpon the stones, and another of
Fumitorie, with as much of Harts-tongue,
and seeth them in Whay clarified, & drinke
them every day twice. Also seeth Barba-
ries in Whay and drinke it.

The Liver of a Hare dried and made in
powder, is approued for all diseases of the
Liver.

Methridates medicine against cor-
rupt Ayres.

Twenty leaves of Rue, two fat Figs,
two Walnuts, and a little salt: whosoever
eateth of this composition, shal be safe from
all kinde of venoms that day.

W

To

The Widowes

To increase milke in Womens
breasts.

Parsnep roots, and Fennell rosts sodden
in broth of Chickens, & afterwards eaten
with a little fresh Butter, maketh your
milke increase.

Rice sodden in Cow-milke with drams
of white bread, Fennell seed in powder
and a little Sugar, is exceeding good.

Cristall made in fine powder, and mixed
with as much Fennell seed and sugar, and
use to drinke it warme with a little wine.

An excellent Sope for Scabes
and Itch.

Lake white Sope halfe a di. and steepe
it in sufficient Rose water, till it be well
soaked, then take two drams of Mercury
sublimed, dissolve it in a little Rose water,
labour the Sope and the Rose water well
together, and afterward put in it a little
Muske or Cinet, and keape it: this is sin-
gular to cure a great Scab or Itch without
perill.

An approued medicine to driue
away Lice.

Lake

Treasure.

Take the dyegs of sole, or fresh swines
greace a sufficient quantity, wherein you
shall chafe an ounce of quicksilver, till it be
sunke into the greace, then take powder of
stauesacre serced & mingled all together,
make a girdle of a woollen list, meet for the
middle of the Patient, and all annoynt it
over with the said medicine, then let him
weare it continually next his skin, for it is
a singular remedy to chase them away.

The onely odour of Quicksiluer killeth
Lice.

For to stop the Flux.

Take Hene crops and Stampe it, and
drinke it with stale Ale, and it will amend
by Gods helpe.

For the bloody Flux.

Take an Apple & rost it, and put therin
as much wate as a beane, & let the patient
eate it, and by Gods helpe it will amend.

For a bruise.

Take an Ore gall and Onions, and fry
them with Sheeps tallow, and it will helpe
presently.

An oyntment for the backe.

Take fourre ounces of Tinguentum Fri-
gidum Galeni, an ounce of the iuyce of

The Widowes

Houlshe, two draynes of Spirtle, and as
much of Lead burned, one dragine of Cam-
phire, halfe a dragine of red Rose leanes, as
much red Corall, and according to Art,
make all these an oyntment in a morter of
Lead.

For an Ague.

Take a handfull of Harts hornes that
groweth in the field, and a handfull of Bay-
salt, and lay it to your wrists.

For the Tooth-ache.

Take Betony, Sage, and Allome, sceth
them in vineger, and let it lye in your tooth.

To keepe Venison fresh a long time.

Preesse out the blood cleare, and put it into
an earthen pot, and fill it with clarified Ho-
ney two fingers aboue the flesh, and binde a
leather close about the mouth that no ayre
enter in.

To keepe it from rotting after it is new slaine

Cover it close from the Sunne or Ayre
with ffreane, and lay it in a cold place, then
wash it cleane, and let it lye in water halfe
a daye,

Treasure.

a day, and then lay it on the floure to drye: then set the water and salt together, and let it boyle till it be luke warme, and then wash the Venison therin, and let it lye in that pipkin thre dayes and thre nightes, then take it out, and powder it with dry salt, and Barrell it and stop it fast.

To keepe Peares.

Put them in a vessell that they touch not each other, and make a bed of Peares, and another of fine white salt, and couert them close.

To kill Lice.

Make a fire & put quicksiluer therin, and hang the clothes ouer it in the smoake, and no vermin will come in them.

Against drunkennesse.

Drinke the iuyce of Parrow fasting, or sat the marrow of Porke fasting.

To make Linnen cloth, or Yarne

white.

Take a Herring Barrell, and fill it full of Ale, drugges, and stop it fast, but first you must haue a good dishfull of pearched beanes, and put them in a linnen bag, and

The Widowes

being hot, put them to the dryngs till they be
cole, and shut it fast the space of a quarter
of an houre, then take a pound of Allum
ground to powder, and cast it thereto, and
let it lie so soule dayes well closed, then
wash it.

To remedy the feet that are sore
with Trauelling.

Take Plantaine & rampe it well, and
anoint your feet with the iuyce thereof, and
the griefe will swage.

A notable experiment against the
Tifficke of the Lungs.

Take of the Pimpernell brought into
very fine powder two ounces, of new Pim-
pernell water & of sugar as much as shall
suffice, making thereof an Electuarie, of
which take daily two drachmes.

Parsley with crums of bread applied in
steade of a plaster, doth heale the Shingles,
but the decoction of the same drunke doth
breake the Stones. Florenti.

Spirnts put into Milke, it neither suffe-
reth the same to cust, nor to become thicke,
in so much that laid in curded milke, it
would

Treasure.

would dissolve the same againe ; so that by the same vertue and property, he saith to resist and abate the generation as well in man as woman. Florenti.

A good drinke for the Pestilence.

Take a Lilly root and wash it cleane, & boyle it in white wine till the one halse be wasted, and then giue it the sickle to drinke, and he shall breake out full of bladders, as if he were burnt or scalded, wherof them selues will dry and ware whole. Pastor.

Chestnuts eaten with honny fasting, doe helpe a man of the Cough.

To make a perfect blacke Inke to write or limme withall.

Take one pound of Galls, one pound of Gum Arabick, of Witriall an ounce, bruise your Galls and Witriall, and put them in to a vessell fit for your purpose, fill it with white wine, that all your stiffe may bee couered above a hand breadth : then set it in the Sunne and stirre it daily.

A very good Greene.

Take the iurce of Rue, Werdigreece, and Hanno, bray them, and when you will

The Widowes

use it, mingle it with Gummie water.

Another Greene.

Take Greene Bayes, keepe it alone in
vineger, then straine it thorow a linnen
cloth, and grinde it with a little Honey &
Gummie water.

An Emerauld greene.

Take Verdigrace, Litarge, Quicksil-
uer brayed to powder, and ground with the
pisse of a young childe.

For to make a colour like
Gold.

Take an ounce of Oypiment, one ounce
of fine Crystall, bray them severally, and
mingle with them the white of an Egge.

Take Saffron dried beaten into powder,
& put to it as much glistering Oypiment,
that is scaly, and not earthy, then with the
gall of an Hare, or a Pike, bray them to-
gether, put them in some viall vnder a
dunghill five dayes, then take it out and
keepe it, for it is the colour of gold.

A notable receipt to make

Iopcras.

Take of Ginger two drachmes, of Cina-
mon, i. of Cloves, Nutmegs, & Galanga
of

Treasure.

of each a quarter of an ounce stamp them, & put them in a bagge or strainer. Then take a pinte of the best red or white wine that you can get, or a pint of good Halmesie, and mixe them all together, then take a pound of sugar fined, and having stamped it put it into the other wine, and so powre it upon the strainer wherin you did put the said wine with splices: then having taken it out, you must powre it out againe, so often untill it become as cleare as it was before, stirring it sometime in the strainer or bagge, with this speciall note, that that is but to make a flaggon full: Therefore as you will haue it in quantity, take the more store of the said things: you may binde a little Muske in a faire linnen cloth at the end of a strainer, so that all the substance may runne ouer it, so that it shall haue the odour of Muske.

A proper deuice to make Lights of an excellent sauour.

Take two ounces of white Incense, or Camphire an ounce, beate it in powder, & make thereof little round pellets, adding thereunto some white waxe, then put them

The Widowes

Throw in a platter full of sweet water, and
fire the pellets with a candle, and you shall
have an excellent light and sweet savour.

To destroy Lice.

Take Frankincense beaten to powder,
and a quantity of Bores greace, and boyle
them together in an earthen pan, and here-
with anoint the places where the Lice are.

To make red Inke.

Take two ounces of Brasil, and a pinte
of water, and put the Brasil into it, & let
it remaine there sixe or seven houres, then
boyle it vntill the third part be diminished,
and it is a perfect red.

To know whether Wine be mingled with water, or no.

Take ripe Mulberries & put them into
your wine, if they swim, the wine is pure;
but if they sunke, there is water mingled.

Also a Peare cleane pared causeth the
same effect.

To heale lips that are chapt with
winde or cold.

New ware, Pastick, and Frankincense
with oyle of Rose, all this made in an
ointment,

Treasure.

ointment, and therewith anoynt the chaps,
they will heale presently.

For kibed heeles.

Take Gum Dragant and Galbanum, of
each alike, & make thereof a powder, then
take Dre tallow, and a little oyle of Wio-
lets, and melt them on the fire, and therein
put the said powders, and make thereof an
oyntment wherewith to dresse your heeles.

For Scabs in Children.

Dyle of Roses, the weight of six pence
in common salt, and a little fresh butter
mild all together, vntill it become an oynt-
ment, healeth them.

To destroy Crab-llice.

Ashes laid on oyle, or take of Aloës, O-
libanum, and Ceteuse, of each fourte ounces,
beating them all into powder, and mingled
with Dyle of Roses, or fresh Barrowes
greace.

An order to make Wormewood water,
the best sort, as followeth.

Take six gallons of old and strong Ale,
and take a boyder full of Wormewood
cleane picked and wrashed, the water well
wring out of it or shaken, halse an ounce of
large Space, halse an ounce of Cynamon, 2.
ounces

The Widowes

ounces of Nutmeggs , a quarter of a pound
of Anniseeds, and as much Liquorice , and
bruise all those Spices together , but not too
small , & cut the wormwood betwixt your
hands , and then seeth all these together in
the pot, and still them as you still Aquavit
together , & so you shall haue two quarts
of the best, besides the smaller or weaker.

To make a good Posset-curd.

First, take the milke and seeth it on the
fire , and before it seeth put in your Eggs
according to the quantity of your milke but
see that your Eggs be tempered with some
of your milke that standeth on the fire, and
you must stirre it still untill it seeth , and
beginneth to rise, then take it from the fire,
and haue your drinke ready on a chafing-dish
of coales , and put your milke into the bas
son as it standeth , and cover it, and let it
stand a while , then take it vp, and cast on
Ginger and Cynamon.

old you will haue a good drinke
A Medicine for the Mother.

Take Newroyall, & stamp it, then take
two spoonfulls of the said iuyce, and a pou
full of sallet-soyle, and let it sirth away two
parts,

Treasure.

parts, then unto that remaineth put the quantity of the oyle onely, and anoint the place where the Mother riseth.

To make sirrop of Roses or Violets.

First haue a glasse with faire water, and make it warme in a pot of saething water, & when your water in the glasse is warme, then put to it Rose leanes, and let it stand till it be cold, then wring out your Roses, and make the foresaid water warme again as before, and then put in other Roses, and so doe nine dayes: and then put in Ginger, and saeth it vntill it be sirrop.

To take away the Cough or Stitch.

Take a pinte or a quart of Palmie, one handfull of Anniseeds, one handful of unset Hyssop, one Liquorice stick bruised, halfe a dish of sweet Butter, saeth all these things together till they be thick, and after spread it vpon a tost of wheat bread, and lay them within a linnen cloth, as warme as you may suffer it to your stomacke. But if you will take this for a Stitch, leau out the Butter.

The

The Widowes

The head anoynted with the iuyce of
Leches, preserueth the haire from falling.

To make Jelly.

For a potte of Jelly, take of Cynamon a quarter of a pound, of Ginger two ounces & di: of Graines two penny worth, of long Pepper, two penny worth Cloues, halfe an ounce, of Sugart two pounds, di. of Turnesole two ounces and di. and ten Nutmegs, looke that the spice be good and well made cleane, then take sise Calues feet, or an old Cock, and thre quarts of Claret wine, and a pinte of water, and let them boyle so long together vntill you may see the said liquo: clamish betweene your fingers, then take it from the fire, and straine it thorow a strainer, and so let it stand till it be cold, that the filth may descend to the bottome, and when you will finish your Jelly, take the best of the said liquo: & put into another pot with the proportion of spices, and boyle them together by the space of halfe an houre, and in the meane time make cleane your Turnesole and dust it well, then take a Ladle full of the said liquo:, & put your Turnesole in it, and when it is a little well soaked, then wizing

Treasure.

wring out so oft as it shall be needfull, un-
till your Jelly be faire coloured. Then take
the whites of eight Eggs, & beate them to-
gether a good while, and skim off the froth,
& a little before you shall thinke it time to
draw your Jelly, put the said whites into
the Jelly with thre sponefuls of Wincger,
and forthwith draw your Jelly thorow a
woollen bagge, and put in a branch of Rose-
mary in the end of it, and so dish it.

How to dresse Orenge.

Take Orenge and shane them with a
knife, and quarter them like an Apple, and
take out all the meat out of them, and lay
them in water, and shift them twice a day:
when you thinke they be enough, take them
out, then set on faire water on the fire, then
put your Orenge in and perboyle them,
then take them out, and set their mouthes
downewards in a flasket, that the water
may run out, then set on faire water ouer
the fire to perboyle them againe, and if they
be not well perboyled, boyle them againe
till you may pinch them thorow, then take
them out and put them in a faire cloth, and
lay them in a flasket that it may draine
out

The Widowves

out of them, then take a gallon of rimming water & put them into it, and at every fourre Drenges you must put in a pound of Suggar, & when you haue done so, set it on the fire, but before you set it on the fire, take an Egge and breake it, and take out the white of it, and lay it in water, take your hand and beat in the water, and set it on the fire, and let it burne cleare vnder it, and looke that no smoke arise, and when it doth seeth, skim off the top of it very cleane, then take it off the fire, and with a strainer straine it into another pot, then put in your Drenges, then make the fire good and temperate, so that it seeth not too fast, then you must take a spoone and skim off the sorne, so that you touch not the Drenges, and as the sirrop doth seeth, so with a spoone turne them, and always lay the sirrop vpon the Drenges; when they haue sodde halle an houre take them out, and let your sirrop seeth a good space, then take some of the sirrop and cole it, and if you see it any thing stiffe, then put the Drenges into it againe.

To preserue Damsons.

Take a glasse that hath a wide mouth, & strewsome Suggar in the bottome, then lay

Treasure. IT

lay a row of Damsons and a row of Sug-
gar, thus doe till your glasse be almost full,
then put to it Rose-water, & a few Cloues,
and a little Synamon, then stop your glasse
with paste, then haue a pot with hot water
ready on the fire, and put some Hay in the
bottome of the pot, soe sauing the glasse frō
breaking, and let not your pot boyle too fast:
then take vp the Glasse, and looke whether
your Sugar be consumed, and in the meane
space make ready your sirrop, then when it
is cold, put in your Damsons. The sirrop
must be made of Sogar and Wine, Rose-
water, and whole Synamon, & halse fatre
water diuided, that the glasse must boyle
till the Sugar be consumed.

To make dry Peares.

Take faire water and Rose-water, accord-
ding to the quantity of your Peares, then
take Honey as much as you shal think good,
& put in your Peares, then let them seethe
very softly, that they breake not, then take
them out and put them in a Collander and
let them draine, then when you draw your
Bread, put them into the Ouen in some
earthen pan, and if they be not dry at the
first, put them in againe vntill they be

The Widowes

Dry, then batrell them.

For the shaking of the hand.

Wash your hands in the water that is
in a Lauoz, and put therein some Sage, let
your hands dry of themselves without wi-
ping.

To stay the bloody Flux.

Take and cut out a piece of Beefe of a
new killed Ox about the brisket, and eat
it raw, and this helpeth it.

To restore the blood againe.

Take halfe a pinte of Muskadell, and a
pennyworth of Sallet oyle, & put them to-
gether and drinke it in the morning, and
walke an houre after.

For the ruuning of the Reynes.

Take Pellitory of the wall a good hand-
full, wilde Lime and Parsly, boyle them
in a quart of Strong Ale, vntill it come to a
pinte, and drinke thereof morning and eue-
ning, nine or ten dayes, halfe a pinte at a
time, and warme it.

For the Ague.

Take a handfull of somallage, & a hand-
full of Bay Salt, and a handfull of white
Frankincense, and six Plantaine leaves,
beat all these finely in a Morter, the diuide
them

Treasure.

them into four parts, and lay two parts to your brests, and the other two parts to the bought of your arme. An houre before your fit come, you must have a pinte of Ale sod to the one halfe, and when it riseth, skim it, then put in a white Bread crust, and let it saeth with the Ale, and when your Ague beginneth to come, drinke it, and eat the crust of bread.

A drinke for the Ague.

Take Bayleaves, and Sage leaues, and saeth them in white Wine, after straine Wine from the leaues, then take Bayberries and bryuse them somewhat grossely, and put them in the Wine, and a little before your fit commeth, drinke it.

A medicine for the wormes in a Childs belly, or any other.

Take a pound of May Butter, and claſſifie it in the Sunne, then take two pound of Wormwood stamped, and then weigh it after it is stamped, the Wormwood must be gathered greene, then mingle them together with your hands after they be put together, and set them in the Sunne nine dayes in a pot or Glasse, and

The Widowes

let it boile an houre and halfe, then straine it, and put it vp in a Gally-pot, or in a double Glasse, and alwaies at the full of the moone anoint the belly of the party against the fire, at no time else: the Medicine must be made in May.

A Medicine to get Betlewigs out of
a Mans Eare.

Take Herbgrace, stampe it and straine it with Aqua Composita, and put the iuyce into the eare that is pained, afterward lye downe on that side, and binde a cloth fass about the head, and they will come out.

For a Leg that is swolne with a fall.

Take Hemlockes and heat them hot betwene Tyles, and lay them to it, and the swelling will asswage.

For a Wen when it beginneth.

Take an old Ladle and hold it against the fire vntill it doth syr, and anoynt the Wen with that that sygeth out of the Ladle thre or fourre times a day, and it will helpe it.

For the Collicke.

Take a quart of white Wine and make a Posset, then take the Posset-drinke and put

Treasure.

put therein a handfull of Mother of Time
and a handfull of yong Parsly, and saethe it
in the Posset drinke, & take halfe a penny
worth of long Pepper, and put in the Pos-
set, and give it to the patient to drinke.

For the Canker in the mouth or throat, or
to wash your Teeth that be hollow

and stinke.

Take a quantity of red Sage, and twelue
crops of Rosemary, and Honey-suckles, and
wilde Daisies, and Hinkfoile, boyle them
all in a pinte of faire water, till it be sod-
den to the halfe pinte, then take a little
Koch Allom and burne it to powder, and
then take halfe a spoonfull of Honey, then
put them into a faire cloth and straine it,
and whe it is cold, put it into little glasses.

For the Gout.

Take Camomill, Balme, Hollyhockes,
Lettice, Mallowes, Crounseil, Chick-
weed, of each a handfull, boyle them in
faire water till they be tender, then take a
quantity of great Oatmeale and beat it
small, then put it into those Herbes that
you haue boyled, with two spoonfuls of

The Widowes

Capons grease, and then boyle them all together, vntill it be so thicke that it may be spred vpon a cloth, and as you seeth it, stirre it that it burne not to, then being sod, spread it on a cloth, that it may be laid to the grieved place as hot as may be, and it shal help in twice dressing.

If you haue any paine in the sole of your foot, take halfe a dozen of the leaues of ground Iuy, pricke them, and wrap them to the sole of your foot, and so continue vntill you finde ease.

To prescrue Quinces.

First pare your Quinces and core them, then take in every pound of Quinces a pinte of Rose-water, and a pound of Sugar, then take the Rose-water & Sugar, boyle the together with some of the cores of the Quinces, then clarifie the liquor with whites of Egges, and set it ouer the fire againe, and when it seetheth, put in the Quinces, and cast in a sticke or two of Synamon, and if they cast not colour quickly, cover them, and let it seethe vntill you may put a Rush thorow them, then let it stand vntill it be cold, and so set it vp.

Treasure.

A Borage Tart, or Spinage.

Parboyle your Spinage, then Stampe it
and straine it with halfe a dozen yolkes of
Egges, season it as your Creame Tart.

A medicine for the Plague.

When you suspect your selfe to be infest-
ed, goe to bed and cause a pinte of Palm-
sie to be put in a pot, and halfe a penyworth
of Graines beaten small to put in the same
pot, boyle them together, and drinke thereof
as hot as you can, and sweat.

Against the Felon and Vncomes.

Lake an ounce of Sage, of Rew, the
weight of the Sage in Sene græne, wash
these together, and shake out the water,
dry them with a cleane cloth, and chop
them very smal, then take sowe leauen the
bignesse of a Tennis ball, blacke Sope a
spoonfull, two spoonfuls of Tarre, Stampe
it in a woodden dish with a pestel of Wood,
lay the same morning and evening vnto it
an inch thicke.

Hirrop of Fumitory openeth and taketh
away all obstructions of the Liver and Sto-
macke, and fortifieth all the members, it
cureth all sores about the inward part that

The Widowes

come of salt and burnt water, as Scabs,
Lepre, and the French pox.

Sirrop of Rosa Solis, good for swooning,
or any other diseases in the
Stomacke.

Take a quart of the best Aqua compo-
sita, Aqua vitæ a quart, a quantity of the
Roses of Solis cleane picked, and some-
what dried in the Sunne, put all these in a
glasse, set it in the Sunne sowe or five dayes,
then take di. 3. of case Ginger, di. 3. of Nut-
megs, di. 3. of Clones, white Pepper, of
Graines, Anniseeds, Coliader seeds, Ana,
a quarter of an ounce of Seene, a sticke of
Liquorice, sowe corns of long Pepper, di. 3.
of cinammon, then put all these Spices being
well chosen, finely dried, and somewhat bru-
sed, into the pot, then take a quarter of a li.
of red Currans, di. a quarter of a pound of
Dates, a quarter of a li. of Raylins of the
Sun, 8. Figs of Algery, 8. graines of
Muske, as much of Amber-græce, white
and red Corall Ana, of Pearles; all these
infused together in the said liquoꝝ, and set
in the Sunne forty dayes, and closely coue-
red that no Aire come unto it.

Aqua,

Treasure.

Aqua, Rosa Solis.

Take a pinte of Aqua vitæ, a gallon of the flowers of Rosa Solis wel pickt, a piece of Angell gold, Rosemary flowers, or the herbe it selfe, and a quantity of fine sugar, still them in a stillitory, & keepe the water close, and vse it by a spoonfull at a time.

To make fine Cakes.

Take a quantity of fine Wheat flower, and put it in an earthen Pot, stop it close, set it in an Ouen, & bake it as long as you would a pasty of Venison, whē it is baked, it will be full of clods, then serce your flower thorow a fine sercer, then take cleated Creame or sweet butter, but Creame is best, then take sugar, cloves, mace, saffron, and yolkes of Egs, so much as will serue to season your flower: then put these things into the Creame, and temper all together, then put to your flower, and make your Cakes, the paste will be very short, therefore make them but little, and lay paper vnder them.

To make an excellent Pomander.

Take of Storax Calamita, 3. fs. of Beniamin two ounces, of Labdanum, 3. fs. of Cloues,

The Widowes

Cloues, white Saunders, of each thre
dragnes, Marierum two dragnes, mingle
with these powders Muske and Amber,
grace, of each a scruple: make your ball
with the infusion of Rose water and Cinet,
in a morter somewhat warme.

A precious Oyntment for all manner of Aches.

Take a pound weight of Sage, as much
of Rew, halfe a pound of Wormwood, and
as much of crops of Bayes, and beat them
very small in a morter, then take two pound
and a halfe of Whēps fallow, and temper
it with the Herbs that be beaten, and beat
them againe together new, and then put
them in a pan, and set them on the hot em-
bers, and put thereto a pottle of oyle of O-
life, and let it stand upon the hot embers,
two houres and a halfe at the least, then
straine it thorow a coorse cloth, and put it
in an earthen pot, and so vse it. This would
be made in May or June.

For the Canker in the mouth.

Take white Wineger a quantity, with
as much Honey, and then set them on the
fire to boyle with a little Allom: and wash
your

Treasure.

your mouth therewith, as oft as it shal need.

Take the iuyce of Plantaine and Vine-
ger, and water of Roses, and wash your
mouth.

Take the iuyce of Woodbine, and the
iuyce of Holsequi, that is, Marigolds, and
Hony, the powder of Cannell, the powder
of Coppozis, and the powder of wilde Sage
burnt and mingled all together, and lay it
thereon where the Canker is, and it shall
dry it. But to slay the Canker, take a red
Onion and lay thereon.

Carduus eaten or drunke in powder pro-
uoketh sweat.

A Mouse roasted and giuen to Children
to eat, remedieith pissing the bed.

A precious drinke for the Pestilence
approued.

Take Feuerfew, Matselion, Hugwort,
Holsequi, Scabious and Mallowes, wash
them and stampe them, and temper them
with Ale, and glue the sickle to drinke six
spoonfuls at once: if he haue it betimes, it
will destroy the corruption, and sauе the
sickle patient.

The Widowes

A singular Medicine to resist the
Pestilence.

Take powder of **Hastron** ten graines,
Walnuts twenty graines, two **Figs**, and
six **Sage** leaues stamped together, with .iiij.
of **Pimpernell** water, and thre graines of
Mithridatum, keepe this in a close Classe,
and eat therof in the morning 12. graines,
and this will defend the receiuere from the
Pestilence.

The great **Garden Docke** being drunke
in wine, purgeth slegme, choller, and wa-
ter downwards.

The vertue of Mother-wort.

It groweth by the high-waies and stony
walls, bushing with many stalkes, leaved
like a **Kettle**, but more ragged, and to-
wards the bottome like vnto **Crow-foot**. It
is of wonderfull force against any sicknesse
of the heart, whereof the chiefe name is de-
rived : it helpeth **Crampes** and **Palsies**, it
killeth wormes in the body, it cleanseth the
breast from slegme, it doth open cold ob-
structions, it prouoketh **Waine**, moueth wo-
mens flowers, the iuyce being drunke, or
the herbe in decoction, and a spoonfull of
the powder of this herbe giuen in **Waine**,
helpeth

Treasure.

helpeth the hard labours of Woment.

An excellent Medicine against Impostumes, Plurisies, Coughs, and all diseases in the brest.

Take a handfull of Scallions, the herbe dried, Liquorice cut small an ounce, twelve Figs, Fennell seede an ounce, Aniseedes as much, Crimis halfe an ounce: lay these in water, or white wine a night, the next day boyle them till it be consumed to a third part, then sweeten it with Sugar.

A Medicine for the Collicke.

Take Dates and parch them as you doe Pearson, and as hot as you can suffer it, lay them to the Panell in a Linnen cloth.

For the same.

Take a faire flat stone and make it red in the fire, then take it out and let it coale till the rednesse be past, and then take a halfe peny worth of Saffron, and lay it vpon the stone, and turne it vp and down till it be all come vnto powder, then take a spoonfull of Malinsay, and put the Saffron therenunto and drinke it, the paine will soone cease.

The Widowes

A piesen remedy against the
Plague.

Take a great red Onion, and make a hole
in the midst, and put a spoonful of Triacle,
rost him in the fire : take a spoonfull of vi-
neger, a spoonful of Aqua Composita, bruise
them all together, straine them thorow a
cloth, and give it to drinke.

To the Cough.

Take three Figs and rost them, and put
them in a cup of Were, and a little Liquo-
rice and Ananisseds beaten, then let it stand
by the fire till it be warme, then take out
the Figs and eat them, then drinke vp the
drinke, and goe to bed warme, and in four
nights it breaketh the Cough.

To allay heat.

Take of Vineger one part, fine Sugar
two parts, running water four parts,
boyle them all together to the one halfe and
more, and when you shall occupy it, take a
spoonfull and a halfe of the said Sirrop, and
eight or nine spoonfulls of Barley water,
drinke it.

To breake Flegme.

Take a quart of Muskadine, a pinte of
Hyslop Water, thre good drases of rased
Gin.

Treasure.

Ginger, and as much of Liquorice cleane
pared, then take two penywroth of Sugar
Candie bruised, put all these in a Glasse,
shake them together : couer your Glasse
four and twenty houres, and drinke there-
of morning and euening.

A preparatiue before you purge the Stomacke.

Take Sene three ounces, of Polipody
three ounces, of Anniseeds three ounces,
seeth all these in a quart of water to a pinte,
and Straine them thorow a faire cloth, put
in Sugar to make them pleasant.

To purge the Stomake.

Take a handfull of Mercury, as much of
young Mallowes, an ounce of Sene, three
spoonfuls of Anniseeds, put them in a pinte
of white Wine, and as much Ale al night,
the next day seeth them together til halfe be
consumed, the drinke thereof a good draught
in the morning, and sleepe vpon it.

An excellent purger for all parts of the body.

Take an ounce or two of perfect Tur-
pentine of the chieffest, bruise it and
dissolve

The Widowes

dissolve it in a morter with a Pestill, with
halfe the volfe of an Egge, put thereto thre
ounces of smallage water, beat them to
gether till it be like milke, and sop it vp, but
first wash your Turpentine in Fenell wa
ter.

To make the haire of the Beard

to grow.

Take Cane rots, Bony roots, Beets,
Radish, Flower deluce, and Onions, of
each alike, the quantity of four ounces,
six fat Figs bruised & stamped very small,
Maidenhaire, Hotherwood, Dill, of each a
handfull. Sethe all these in good Wine, the
wring out the liquo:z, and straine it thorow
a strainer, then put to it fresh Butter never
salted, pure Honey two ounces, Oyle of Al
monds sweete and soure, Oyle of Sesania
an ounce, Orymell squillica halfe an ounce,
the powder of Meale, Pigeletta, Henegreeke
wel sifted, and thoroughly boulterd in a boul
ter, one handfull of Crasse, Labbanum an
ounce, set these vpon the fire, and stir them
well till it be thick. This lineament be
ing applied to the chin and cheekes, will be
come haire, the body first purged from all
filth inwardly: pronounced by experiance.

Marma-

Treasure.

Marmalade of Quinces.

Take your Quinces and coare them, and
pace them, then put to them so much water
as shall suffice to boyle them so tender that
they may be strained, when they be sodden,
put out as much of the liquor as you leauie:
when that you haue sufficient to straine it,
then let it stand vntill the next day morning,
and measure with a pound dish how many
pounds of substance you haue: then take
to every eight pound of Quinces sixtne pound
of Sugar, then put it to the liquor that you
kept before that your Quinces were first
sodden in, and then set it on the fire and let
it seethe a while, and clarifie it with whites
of Egges, then straine the said liquor, and
put it to the substance of the Quinces aforesaid:
and so set it on the fire, and let it boyle
vntill it haue a faire colour, that it may cut
at the sides of a dish, then put it into boxes.
If you will put in any Muske, take Rose-
water in a saucer, and put in your Muske,
and when you haue taken your Marmalade
from the fire, immediatly put in the same
Rose-water and Muske, and stitte it toge-
ther and boxe it.

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A

The Widowes

A Whay for Itch or breaking out.

Clarifie Whay with the leanes of Huc-
corie, Endive, Borage, of each an ounce;
of Fumatory flowers, of Hops an ounce,
one Fennell and Huccory rechte bruised, of
great Raisins an ounce: let these be clari-
fied with a quantity of whay, drinke there-
of every morning a draught warme, fine or
six mornings, then take a handfull of Sene
sodden in a pot closely stopped, from a pinte
to a quarter of a pinte, with a few Annis-
seeds bruised: then straine it and drinke it
in the morning fasting, and by and by a lit-
tle Alberry and some thin broth.

Dyle of Myrche healeth all Ulkes, bur-
nings, Pimples, Clifts about the Funda-
ment.

Dyle of Tartare mingled with Cam-
phire, the face being therewith anoynted,
it maketh it faire and smooth.

For a cut or sore bruise.

Take Roots of Louage, Alehouse, Parsly,
Ana, ss. beat them in a morter very fine:
the take Barrowes greace and boyle them
together: then straine forth the iuyce, and
take as much unwright waxe as a Wal-
nut,

Treasure.

nut, halfe as much Rosen, & let them boile togesher: and after you haue thus done, let it passe thorow a strainer into a little pan of water: then let it stand vntill it be cold: then labour it in your hands vntill it be somewhat shox: then wrap it in a Leather, and so vse it.

For a weake backe.

Take sixtrops of red Pop: two spoonfulls of Archangell flowers, and shred them fine: and take two new laid Egges and stirr them together: make thre or four fritters with a morsell of sweet butter, fry them in an earthen pan, & let them be eaten without Bread or Salt: but with fine sugar.

The plaster for the backe.

Take white Archangel flowers & leaves, Camphry leaves and roots, i.3. Plantaine, and Buria pastoris, Ada, j. 3. beaten very fine, and putt to them a spoonfull of Honey, and fry them in a frying pan, and divide it into fourte parts, and make of every part a plaster, and so lay it to the backe; every night a plaster.

The Widowes

Master Roses medicine against the stone,
and to cause one to make
water.

Take a new laid Egge, and in the great
end thereof make a hole, and take out the
yolke and white of it, and lay the hole of the
same Egge downwards upon a hot briske
stone vntill it be purged, so that you may
make powder therof, then take it and drinke
it with white wine first in the morning,
and last in the evening, and it helps.

For heat in the reines, and to auoid the
blistering of the mouth.

Take Liverwort, Horrell, Succorie,
Balme, Ana. f. z. and seethe these in a quart
of w^t hay well clarified halfe an houre, and
drinke thereof euery morning a draught of
halfe a pintē at once.

For one that is deafe.

Take sweet Sallet oyle halfe a pound,
adde to it W^tormwood, Horrell, Anniseeds,
Perwinkle, Ana. vi. z. and dry all this to
powder. Take polinder of old Roses, an
ounce of Colognintida, being boyled in oyle
a good while, then straine if thow a cloth
a good while, and put thereof thre drops
into the eare of the party that is grieved
being

Treasure.

being warme, and vse this euery day twice:
this hath been proved,

Against the Piles.

Take a great siluer Cele, slay him, draw
him, and let him touch no water nor Salt,
cut him in gobbits and roast him : the first
dropping being cast out, take the next drop-
ping, and with a fine Linnen cloth being
dipped in it, the dropping of the Cele being
hot, and so with the cloth soake it vpon the
places grieved, this will helpe he they ne-
ver so soze.

For the passion of the heart.

Take red Rose leaues, the powder of
Saffron, the Dyle of Mace, and melt them
together, quilt the same in a little thin silke
and draw it ouer with a little thin Cinet,
and apply it to the region of the heart.

For the Itch.

Take twelue of the yellowest Docke
roots, scrape them as you will scrape Pars-
nips, cut them small, and Campe them ve-
ry fine, set them ouer a Chasingdish of
coales, and put therein halfe a dish of sweet
Butter, and let them boyle together till
your rootes be ready to straine, and when

The Widowes

they be thorowly boyled, straine them, and when you haue so done, putt thereto a spoonfull of Wimstone beaten to powder: then stir them both together, and set them in a cold place, and it will be a saue and so lef the patient anoynt his bode before the fire, and let it soake int o the skin, use it moringe and evenung.

For a Fellon

Take Leauen very souare, and crumple it into a little Pipkin, then take a quarter of a penny dish of Butter, and fourt spoonfuls of Rose Winager, leaves and all, and so boyle all together, and lay it to the place as hot as mae he; this is provid.

To destroy an Impostume.

Take the roote of Hollibock, and wash it vry pure, seeth it till it be tender: then putt the water that you sod it in, into a cleane vessell: then take Linseed, Fenegrecke of each the like quantity: and looke that you haue as much of them bath as of the roote, then settethe it in the same water, vntill it do rope as bulinges, then straine the roote, and putt thereto Barley meale, then mangle all together, & styr them with Bores greare, and lay it to the sore plasterwise.

For

Treasure.

For the Rewme and Cough of the
Lungs.

Take young Elicompaine roots, a pound
of Hettach, of Haidenhaire, Ana, j. 2 all
being new gathered, scrape the Elicōpane
roots, and cut them into small slices, set the
them all together in five pints of running
water till they come to a pinte and a halfe,
then straine them, and put thereto five Sou-
gar thre quarters of a pound, then boyle it
till it come to thre quarters of a pinte, then
take two volkes of new laid eggs, and beat
them, and let them boyle together while
you may say the Psalme Miserere, & take
hereof at night a spoonfull, and another in
the morning, lying on your backe an houre
after you haue receivied it: and in fourte
dayes keepeing you warme, it will rid the
greatest Cough that is.

For a Canker, or disease of the Gummes
or throat.

Take a handfull of Plantaine, a hand-
full of Hony-suckles, an ounce of Dasie
leaves, halfe a handfull of Sage, a quart
of running Water, these things being
boyled therein, vntill it come to a pinte,
then straine them, and put thereto five

The Widowes

Spoonfulls of sharpe vineger, ffeue spoonfulls
of stony Honey, as much Roch Allom as a
Walnut: this is proued to heale the Can-
ker.

A gargill for a furred mouth.

Take Barly water, Strawbery leaues,
and sinkfoile, Ana vi. ȝ. a sticke of Liquo-
rice, vi. pinte of white vineger, let it run
thorow a twofold linnen cloth, it is good
for a furred mouth or throat.

To heale the Canker vpon the Yارد.

Take an ounce of Roch Allom, and halfe
an ounce of Verdigrease; with Smiths
water, and put it in some vessell of glasse,
and seethe it two houtes: straine it and vse
it as you thinke good.

Pillute Eliphange helpeth the stinking of
the mouth, being taken every day mipped
betwixt your teeth.

For a stitch, or wind Collicke.

Take Capillus Veneris, Pattie roots,
Fennell roots, of each a quarter of an ounce,
bruise those herbs, and drinke that iuyce
with white wine.

Haire to grow.

Acornes burnt, and mixt with Beares
greace.

Against

Treasure.

Against spots and pimples of the face.

Nigella brayed and mixed with flower and Honey, and make thereof an oyntment, and annoynt therewith the spots at night, and in the morning wash them with Parkly water.

For a hot burning of the stomacke growne of choller, which causeth the Feuer.

Take Borage, Mallowes, Fumitory, Violet leaues, Beets, great Kaisins, the stones taken out, Prunes, Polipody, with a little Dill: see the these in pottage, and eat thereof.

For a saustem face.

Take the iuyce of Housleek, and the iuyce of Tansey, and seethe them in a pinte of white Wine to halse a pinte, and when it is cold, lay it to the face with a flaxen cloth dipped in the same, and so let it lie al night, and when it is dry, then you may wet it so often as you list.

For an Ache.

Take Dyle de Way, and Aqua vitæ, a spoonfull, and mix them together, and annoynt it.

For

The Widowes

For heat in the face.

Take a pound of Almonds, a pinte of warme water, straine them, then put there-to halle an ounce of white Camphire, a pint of white Wine, beat them together, and straine it with a pinte of Margerum water, and put it in a Glasse, and wash therewith.

For the same.

Take Winer halse a pinte, Daress suet as much as you can hold in your hand, Brimstone so much as will goe into an egge, being finely bruised, seethe them al together till they be almost dry, being made in a ball, take a little thereof and put it into a Hawcer, & melt it with a few coales, then take a fine cloth and dip therein, and rub softly the place where the corruption is, untill it be taken away.

If this helpe not within a Month, then drinke every morning a cup of Wære, put into it fine English Madder finely picked, bruised, and searc'd, and drinke it.

For the same.

Take Capons greace, melt it and straine it thorow a cloth, and let it stand to cold a quarter of an houre, then put in Brimstone

Treasure.

Stone finely bruised, and mingle it with the Capons greace, and anoint the face therewith when you goe to bed, where the pimples or rednes be, and in the morning wash it in Rose water luke-warme. Remember you picke not your nose: if you will haue it stronger, put in Ginget finely beaten, a peny-worth of each will serue, but of Capons greace two penny-worth.

To vomit vp Choller.

Take six Docke roots cleane washed, and the pith taken out, a few tops of Sea Mints, and a little Wormwood being steeped in a quart of Ale, or white Wine all night, and drinke thereof halfe a pinte at a draught: it is good to cleanse the body in all parts, as before is said, perhaps with a stooie or two: this is approuted, being taken betweene March and June.

For a Fellow.

Take twelue Snailles in the Garden, and beat them shelles and all vntill that it come to a salne, and apply it, and when it wareth dry, take fresh Helle, and it will kill heale, and draw.

To

The Widowes

To stop the whites in women.

Pomegranat flowers, the kernels of
Pine Apples bruis'd together, with two or
thre branches of Saint Johns wort, being
boyled in a quart of red wine, from a quart
to a pinte and a halfe, and drunke morning
and evening.

For the stuffing of the Lights
and Lungs.

Take Arthemisia, Epithimum, red Sage,
Rosemary tops, red Fennell, of each a
handfull, a Galingale root, halfe ȝ. of græne
Ginger, halfe ȝ. of Manus Christi, a sticke of
Liquorice, seethe it from a quart to a pinte,

For the heat in the backe, approued
by Doctor H V I C K E.

Take the water of Plantaine distilled,
oþ the iuyce thereof put to the leavens, the
leavens of red Roses distilled, and the Water
of red Roses, and the water of red Rose
Wineger, then put all these together in an
earthen pot, and put into the Water a Lin-
nen cloth, and let the same stepe there:
then after a while take it out, and with a
few leavens of red Rose cake, lay it to
the Backe, add whent it waxeth hot, vse
ano-

Treasure.

another cloth dipped therein.

To dry vp the Rewme.

Take Nutmegs, Cloutes and Mace beaten to powder, with the powder of Rosemary, boyle these together in sweet Hallet style vntill it be somewhat thicke: spread it vpon a cloth, and lay it to the crowne of the head, this is approued to helpe it.

To keepe the eyes cleare, coole, and
from rednesse, and to kill
the Itch.

Take of Plantaine two handfulls, house-like one handfull, stamp them and straine them, and let it settle, then powre out the cleare iuyce from the drosse, put thereto halfe as much red Rose water, and a quarter of a spoonfull of white Sugart candie in powder, then take Lapis Caluminaris, a piece as big as your thombe, and flake it twelue times in the same water, and hereof put fourte drops morning and evening lying vpon your backe. Approued.

Against the Collicke and Stone in manner of a Plaster.

Take Parsley, and Smallage ana, two spoonfuls of Capons Greace, put this in an earthen vessell, putting the one spoonful
in

The Widowes

in the bottome, and the other in the top vp, on the herbes, set these on the Embres to boyle from morne till night, then stampe them and straine them, and spread the oyntment vpon a lumen cloth, and lay it hot to the Pauell and bottome of the belly.

A Clister to be giuen to a Childe, or a woman in Child-bed.

Take a pinte of new Milke, thre ounces of red Sugar Candie, boyle your Milke well, then take it off, and let it stand, till it be no warmer than you can abide it on your cheeke, and with a Clister pipe put it vp.

A Clister.

Take a Hen pullet, draw it very cleane, and breake all the bones thereof, ther seethe it with a quart of Liquor, vntill that it come to a pinte, then take a handfull of Spinage, one handfull of March-Hallowes, or other Hallowes, and a handfull of Violet leaves, seethe these herbs in the liquor of the Pullet very well, with as much salt as will season an Egge, then put thereto a Sawcer full of pure Sallet Dyle, and warme it.

Treasure.

To breake the Stone.

Take a Cocke of a yere old, and open him, and you shall finde in his Haw small white stones, take them and beat them in a brazen morter very fine, and put it in god white Wine, and drinke it, and it will breake the stone.

Against Tooth-ach.

Take a little burnt Koch Allom, and in the burning put a little fine Lint into it, and put it into your tooth that is hollow, this will ease the paine.

A medicine to strengthen the backe.

Take a quart of god Ale, three or four whole Maces, and as many Dates, the stones taken out, and pith also : then take the tops of Rosemary a good handful, and boyle all together from a quart to a pinte, then take the yolke of two or thre new laid Egs, and take off the rinde about the yolke, then put the yolks into the Ale, and boyle them together, and stirre them well, and so drinke it morning and evening.

For the heat in the backe.

Take Vngu. Frigidum Galeni ʒ. iiij. you must take the oynment and spread it upon fine

The Widowes

Fine Linnen cloth, being first dipped in red Rose water, then warme it against the fire and so lay it upon the kidneyes, and when it wareth hot, take it off, and lay to another.

For the Collicke and Stone.

Take the cuttings of a Wine, and dry them thorowly, when you will make your medicine, burne them, then take the Ashes that doth come thereof, and put it into a pinte of Rhenish wine, or White wine, and let it stand in it all night, and in the morning drinke thereof: thus vsing the quantity of the vine to the quantity of the wine, Probatum est.

To stanch blood.

Take the best Vineger that you can get, Plantaine water, of each two pounds: & therein wet divers Linnen clothes, and lay them to the soles of the fæte, the palme of the hand, and against the Liner: and the blood shall forthwith stanch.

To take away spots from the face,
and Sun-burning.

Take the iuyce of a Lemmo with a little Bay salt, wash your hands with it, and let it dry, then wash them with conduit water

Treasure.

water, and you shall finde all spotz gone: it
is good against scurfe or such like.

Against the stuffing of the Lungs.

Take and make a posset of Hooke and Ale, with Ahniseeds and Liquorice beaten to powder, and let it soethe with the drinke, put in it a good piece of Sugar, and Dredge, if you haue any, and drinke thereof every morning, and it helpeth.

A water to wash the Yارد, for one that
had the running lately of the
Reines.

Take Daisies, Plantaine leaves, and Woodbinde, of each three handfuls, of the best English hony, and a piece of Koch Al-lom as big as a Walnut, boyle all these in a quart of faire water, with a pretty quantity of red Rose water in an earthē pot close covered, so long as you will seeth an Egge vntill it be hard: then straine it, and with this water with your Searing, squirt it in to the Yارد, the water being luke-warme, so that the pipe thereof be put in an inch or more, & spout it strogly, that the water may come behinde the soze place; and so use it e-
very day thre times for a moneths space.

E

For

The Widowes

For sinewes that be shrunke, in maner
of a plaister.

Take 12. young Swallowes out of the
nest, take also vnsweet Wine, the leaues and
trings of Strawberies, and Lauender cot-
ton, of each a handfull, & stampē them toge-
ther, and the swallows with their feathers,
guts and all: then stampē them in a morter,
and so boyle it in May Butter, then let it
be put in an earthen Pot, stopped close the
space of nine dayes, then seeth it again with
some more May butter, and straine it: and
when need is, chafe it against the fire.

For sore eyes that mast or itch.

Take Lapis Caluminaris, and make it
hot in the fire, quench it in a pinte of white
Wine 3. or 4. times: then take the stone
and stampē it to fine powder, and straine the
wine with the powder, & put it in a glasse,
and when you haue need, v̄e it. Remember
to shake the glasse till it be thicke, and with
a feather drop two or thre drops in your
eyes, the party lying on his backe.

Against the Sciatica.

Take four or five great Onions & rost
them very soft, then pill and stampē them in
a morter, and put thereto halfe a pinte of

Aqua

Treasure.

Aqua vitæ, three spoonfuls of Peats fæt
yle, and boyle them together till it war ver-
y thick, then straine them, and therewith
moynt the griefe, chafing it in before the
ire a quarter of an houre euening and mor-
ning, then lay a wild Cats skin thereto, the
hairy side next your flesh, and within fifteen
daies you shall finde ease.

An oyntment for Aches, Bruises, Lamenes,
Stitches, Gouts, hardnes of the Spleene,
Ague, Cankers, and for paine
in the Eares.

Take of Sage and Rue, of each a pound,
of Wormwood and Bay leaues, of each
halfe a pound, of Sheeps selwt cleane
picked from the skin thare pound, of Swest
yle Oyle a pottle, chop the Herbes very
small, and then stampe them as small as
may be, then shred the selwt very fine, and
put them all together, then stamp them all
together vntill the selwt be not seene: then
take it forth and put it into a faire pan,
and put the Oyle into the pan and conet
it close, and so let it stand for the space of
ten dayes: then take it forth and breake it
into a brasse pan, and set it on a soft fire,
and alwayes stirre it vntill the Herbes be

The Widowes

cracking, then take it off and straine it thorow a wide Canuasse cloth, into a faire earthen pot, and so keepe it. For those bheiment aches, when you shall lay of this oyntment vpon it, you must take wolle that groweth between the shernes legs, or the longest of the wolle, and card it in broad flakes, and baste it vpon a Linnen cloth, and keepe that alwayes to it.

To causc one to pisse.

Take horse dung of the stable, new May Butter, and Aqua vitæ, of each like portions, cry them together, and make thereof a plaister, and apply it to the patient from the Nauell to the fundament, as hot as he may suffer it, and feare not though it cause to make blood issue, for such is the working of the medicine : it causeth the stome to void: approved.

A soueraigne medicine for an ache in the shoulder.

Take Figs, and Raspins of the Sun, of each a like quantity, and halfe as much Mustard-seed, and beat them very small, grinde them with the best Wineger, in a paire of Mustard Quarins; that done, spread it vpon a Lambs skin, and lay it to the ache.

Treasure.

To staunch blood at the nose.

Take an Egge and breake it, and put out
the meat, then receiue so much blood as wil
fill the shel, of the party bleeding: that done,
set the same in the fire vntill it be hard, then
burne the same to ashes, and it shall stanch
the bleeding.

Idem.

Take an Inkle, & binde the person so blæ-
ding about the temples of the head, & knit
the knot thereof in the neck, & it stancheth.

For an Ague.

Take threé pints of Ale, an ounce of red
Hage, the like quantity of bay leavens, threé
ounces of fine Sugare, with a spoonfull of
Pepper, sethe all these together in the Ale,
vntill it be sodden to a pinte, then straine it
thoroþ a faire cloth, and drinke this before
the fit commeth.

To binde to the hands, being parcell of
the same medicine.

Take as much gréene Glasse as will fill a
a spoone, being beaten to powder, take threé
spoonfuls of stony honey, with a handfull of
red Hage: mingle these with a head of Gar-
licke, putting thereto as many Cobwebs as
will temper the same, being an Egge-shell
full,

The Widowes

full, then take them all together, & vse this
a quarter of an houre before the fit : this
must be vsed round about the wrists.

For one that consumeth, to be eaten
in the mornings.

Take a new layd Egge, let it be reare
roasted, and put thereto a cake of Manus
Christi, and let it dissolve in it: and eate the
same euening and morning.

For a cold stomacke.

Take a new laid egges being reare rosted,
and put thereto a pretty quantity of grosse
Pepper, let him eat it next his heart, to
dissolve cold humors.

For the swelling of the heart, and
breaking of flegme.

Take a quarter of a pinte of Damaske
Rose water, threé spoonfuls of white wine
with a few sops of white Bread, a pretty
quantity of Butter and Sugart, this being
boyled upon a Chafingdish of coales, let the
party eat thereof threé or fourre spoonfuls af-
ter meat.

Take a small quantity of Malmisse, But-
ter, and Wineget of Koses, boyle them on a
Chafingdish, and put thereto a Rose cake to
heat in it, vntill it be thorowly soaked, and
lay

Treasure.

lay it to the stomacke, and let the party he rolled.

Against an Ague, the Plague, and good to comfort nature.

Take a pinte of Malmie, and a handfull of May weed bruised, and the iayce theress put in the Malmie, & let the party drinke thereof.

For the windē Collicke.

Take of Hacke and Aqua vitæ, of each a quarter of an ounce, put thereto a piece of Sugar, and let the party drinke thereof.

To cleanse the inward parts, and for the rising of the Lungs.

Take a pinte of Hacke & burne it, soz to alay the heat therof, put therein a peniworth of Triacie, a little Ginger, a Nutmeg grated, Synamon a good quantity with Sugar, & after it is boyled, put thereto a peniworth of Hallet oyle, and drinke thereof morning and evening, it will cleanse the body.

For an Ague.

Take a pretty quantity of Daffaondillics the blades, bruse them, and seeth them in a pinte of Ale or Wine, with a spoonfull of Graines bruised: let the party drinke thereof before his fit come.

The Widowes

For one that is deaf.

Take a red Onion, and cut out the core, being in the midst thereof, putting therein the Oyle of rosted Almonds, the Onion being something warme : the next morning when it is cold, let the party grieved cause one to drop three drops thereof in the eare of the party in the morning or euening, stopping his eare with blacke Woll that groweth vnder the Shæpes eare : and let him lie vpon the same side.

Idem.

Take the iuyce of ground Ivy, and white Copporis being burnt, and lay the same in the iuyce of the Ivy till it be dissolved, and so vse three drops morning and euening.

For the bloody Flux.

Take Iurden Almonds and blanch them, and let them boyle in English hony till they be blacke, and so eat them with a little of the best English Hony.

Amber Beads beaten to powder, and put into a Chafingdish of coales, the party grieved must sit ouer them as if he would ease himselfe.

An excellent medicine for the greene
Sickness.

Take

Treasure.

Take a gallon of morning Milke after it
be settled, creame & all: take also a brest of
the youngest Meale, and the fattest you can
get, wash it faire, and dry it with a cloth,
so that no water remaine, bruise the same
bones and all, and put it into the milke, take
twelue Dates or moe, and cut them in the
midst, and take also a quarter of an ounce
of whole Mace, and halfe a pound of Cur-
tans, two handfuls of Mints, a handfull of
wild Thyme, and put all these into the milke
with the Meale, and let the liquo: seeth un-
till it be halfe consumed in seething, & when
it is well sodden, it will be as Jelly: when
it is cold, the Patient may either drinke it
being warme as a broth, or it may be eaten
as Jelly being cold. If the patients Stomach
will beare it, make a toast of wheate
bread, and soke it in Palmie, and strew
upon it the powder of Mints: the party
must use this five or six weekes, or as long
as you thinke good being towards Spring
time, with some exercise.

To prouoke vrine speedily.

Take Wood-Betony both roots & leaues,
wash them, and put them to dry in a Stue,
in an Ouen where browne Bread hath bin
newly

The Widowes

newly, drawne, vse halfe a spoonfull of this powder in white Wine, Posset drinke, Pouage, or in your drinke.

For heat in the Liver.

Take a quart of Strawberies, wilde Lansie, thre pintes of new Milke, stell all these together, and drinke it in the morning next your heart, and wash yont face there with.

To preserue nature, to eat a mornings.

The yolke of an egge with Manus Christi.
To make a Clister.

Take a fat Sheepe's head, or a Capon, a handfull of Betts, a handfull of Mallows, a handfull of Violets, and if the patient be hot, take three spoonfulls of Dyle of Roses, if cold, take the like quantity of Dyle of Violets, boyle all these together vntill it come to a pinte, then straine it, and let the patient drinke.

For one that is weake, and to comfort the Stomacke.

Take a pinte of Hack, and burne it with a top or two of vnset Hisop and Rosemary, take thre Dates beaten in a morter to vap, and let it burne with the Wine: also with

Treasure.

a new laid Egge beaten, a spoonfull of Da-
mask-Rose water, and a spoonful of Sallet
oyle, drinke this in a morning first, and at
night last.

Palmsie burnt with a penny worth
of Saffron, being dryed to powder, with
Sallet oyly & Triacle, of each a halfe pen-
ny worth: vse it morning and euening.

Idem.

Pettle seeds dried and beaten to powder,
and drunke with Palmsie every morning.

To restore nature, and to helpe a
weake backe.

Take a quart of Hack, a top of Rosema-
ry, Winter Sauery, Peniriall, of each a
like: as much Ginger and Nutmeggs as
will burne the wine. Then take a new laid
Egge or two, yolkes and all, and beat it
with thre spoonfulls of red Rose water, and
put thereto a piece of Sugar, then take the
burnt Hacke and burne it with the egges a
good while, and put in it a Pace, and it will
be in manner of a Cawdle, vse to drinke of
this warme thre times a day, morning, af-
ter dinner, and when you goe to bed, put
therein some Sallet oyly.

To

The Widowes

To stay running of the Reines.

Take a pinte of Milke, and a good quantity of Datemeale, being well bruised, and seeth it with the milke, and put therein a good piece of Sugar, and eat the milke therof being strained.

A precious oyntment or Oyle for swelling or aking in feet, legs or knees, taken with cold, being excellēt to heale a wound or old bruise, & shrinking of the sinewes: also it is very good for all sores or aches whatsoeuer.

Take a gallon or pottle of the best Halsel Dyle, then take Sage, Lauender, Sothernwood, Wormwood, a quantity of Camomill, after the quantity of the Dyle, & cut the Herbes small, then put them in the dyle in a faire basin of Laken or other material, and stir it well together: and put in so many Herbes, that it may be thicke standing, and so let them stand and rot a month full, then make a faire fire of Coales, and putting to a quantity of the same Dyle, set it on the fire in the same Basin, and let it boyle h̄z̄e hours or more. Then take it from the fire, and let it fry, and when it is milke-

Treasure.

milke-warme, & somewhat holter, then take
a bag of great Canuasse, and with a Staffe
straine out all the matter as cleane as you
may, then put it in a Glasse, or some other
faire thing, and keepe it well closed, and it
will continue in his vertue twenty yeeres
after. Probatum est.

For stewed Mutton.

Put your Mutton into a Pot with faire
water, and let it saeth, and scum it faire, then
put in salt, make not too much broth: then
take Hyslop, Lime, and Parsly, and chop
them small, and put them into the pot with
a little pepper: then serue it out with sops,
and if it be in Winter, put in some Cacret
roots.

To dresse a Hare or Cony in broth, with a
pudding in their bellies.

Your Hare or Cony being slayed, and the
eares left on, let it be washed in two wa-
ters, having before prepared in a readines,
grated bread, Currans, sweet Mutton sew-
et, or Beefe sewet finely minced with plea-
sant & wholesome herbes, as Winter-
da-
uery, and Peniriall, with sweet Maricunt,
these also very finely chopped; and seasoned
with Pepper and salt, Cloves and Space,

the

The Widowes

the yolks of thre Egs, with sweet Creame
and Sugar, with two or thre Dates, all
these mingled together, put into the belly of
the Hare or Cony, and so sow it vp. Then
take Mutton broth of the best and fattest,
put it into a Kettle where your Hare may
lye compasse, or Cony long wayes, after it
hath boyled a little put it in, and put thereto
Grapes or Goseberries, sweet Butter, Salt,
Mervynce, Currans, grated bread and Sou-
gar, and when it is boyled, serue it forth
with sops.

Mutton.

Put your Mutton in a pot with faire wa-
ter, and let it be well scummed, then take
some tostes of bread, and tost them browne,
& then cast them into cold water, but take
them vp againe quickly, and let them lye
and dry a while, then straine them with
wine and vineger, & so put it into the Pot
and let it boyle: put in some Pepper, whole
Cloues and Synamon, and let all this be
well stewed, but forget not Salt. Serue it
out vpon sops, and boile some Onions in it
cut into pieces. And likewise this wil serue
for Wenison, Gallards, and Teales.

To

Treasure.

To boyle Chickins with Endive and Suc-
corie, or Lettice, or any other
cold Herbes.

Prepare a loyne or a rack of good mutton
with a marrow bone or two, & being chop-
ped, put it in a pipkin with faire water ouer
the fire, and let them seeth a pretty while to-
gethrr, then take halfe of it out of the Pip-
kin, & strain it with a strainer, then put in
your Chickins afterward, having prepared
your cold herbes clean washed, put them in.
Also having steeped your white bread rea-
dy to straine thorow a strainer, let your
broth be therewith thickned. So take Pep-
per, Salt, Meriuyce, and Sugar, and season
your broth: then vpon sops settue it sooth
with the marrow vpon it.

For small Lampernes.

Let your Lampernes be cut in small
pieces, then take a frysing pan with But-
ter and Onions minced, and so fry them
together: And when they be well fried,
put them in a pot, then take two toastes of
browne Bread, and toast them well, then
straine them with a quantity of Wineger,
Wine and Water, and put thereto a littis
Pepper, Clones and Spaces, and boyle

The Widowes

all this together with your Lampernes, up
on the Coales, and so serue them out with
sops.

To potch Egges in broth.

Take Veriuyce, and faire water, and a
dish of new Pest, and put therein Cloues,
Mace, Currans, Sugar, sweet Butter, a
handfull of Spinage, and let them boyle a
good while: then having potched your Eggs
in faire water that is seething, lay your
Egges in broth, and serue them forth with
Herbes layd ouer them.

To bake Breame, Trout, Mullet, Pike,
or any Fish.

Let them be well seasoned with Cloues
and Mace, Salt and Pepper, and so bake
them with small Currans, Veriuyce, But-
ter, great Rayns and Prunes.

For Sops on the Fish daies.

Take some Onions and fry them with
Butter a while: then take water, Pepper,
and salt, and put al together into a pot with
the Butter and Onions, & let them simper
vpon the fire: And so serue them out vpon
sops, and cast a few small Rayns vpon the
sops, and put the broth vpon them.

For

Treasure.

For Spinage,

Take Spinage and wash it well, then lay it upon a boord, and giue it fise or sixe chops with a knife, then put it into a frying pan with a little faire water and seeth it well, then take Butter, Mergis and salt, and put it to the Spinage, and so boyle it together in a pot, or betweene two platters, and so serue them out with sops.

Sod Egges.

Seeth your Egges almost hard, then pæle them, and cut them in quarters, then take a little Butter in a frying pan, and melt it a little browne, then put to it in a pan a litte vineger, mustard, pepper and salt ,and then put it into a platter vpon your egges.

For Oxe tongues boyled.

When your Oxe tongues be boyled, take them and pæle them, and cut them ouerthwart in small pieces, then fry them with Butter, and put them in a pot with toasts strained with wine vineger and water, and so let them boyle : put thereto salt, Onions quartered, Pepper, Sinnamon, and whole Cloues, and so serue them with sops.

Spinage.

Take Spinage and perboyle it well, then

F

wring

The Widowes

boynge the liquor cleane from it, then chop it very small, and put it into a platter, and breake soms Egges into it : then take a handfull of grated Bread and put into it, and Sugare, with a little Salt, and beat all these together, but let it not be too thick nor too thin, but better thicke then thin, then take a Frying-pan with some Butter, and when the Butter is a little more then melt-ed, take a spone and lay your Spinage in the Frying-pan every spoonfull by it selfe, and so fry it as you would fry the Fritters, and put it in a dish, and cast Sugare on it.

For Egges.

Take some Egges and beat them well with a little faire water and salt, then take a Frying-pan and melt your Butter : and then put in your Egges, then take a knife and lift vp your Egges, that the raw may goe all to the bottom of the pan, then turne it vp with your knife on every side that it may be square, then lay a dish vpon the pan, and turne the pan upside downe vpon the dish, and so serue in your Egges with Verjuice and Vineger, which you will.

A

I reasure.

A drench to plum vp a Horse, and to expell Cold, to cleare him of the Glaunders, and to open the Pipes.

Take ground Willis, alias Groundsell, Enula-Campana of each a handfull, stamp them and straine them in Ale, seeth them all together, then take of Feneacreke, or Turmericke, Anniseeds, of Cuminseeds, of Garlick, of long Pepper, of Liquorice, of Graines, & if he haue the botes or wormes, give him Savine. Clue him this drinke lukewatme a quart at a time, ther ride him till he be hot, then bring him into the stable and litter him wel, and currie him til he be thorow cold, then let him stand after vpon the bit, and turne him to grasse.

To a Horse that hath eaten a feather, give a branch or two of Savin dry.

A drench for a Cough.

Take a quart of Vineger, Feneacreke a peny worth, Turmericke, i.d. Enula Campana, i.d. long Pepper, i.d. Warberries, i.d. Liquorice, i.d. fourre Eggges, Anniseeds, lay the eggs in wine al night, and after in these drugs beaten, and give it the Beast.

The Widowves

To make a good powder to giue a Horse
in his prouender, or to giue him to
drinke for a Cough, and
other diseases.

Take of Liquorice s. v. cut it in pieces
and beat it into powder, then take Annis,
seeds, s.d. of Graines, of Cormerick. s.d. of
Fene creke s.d. one Nutmeg, halfe a pinte
of Oyle Olise, and a quart of milke.

To cause a Horse to haue a good
hoofe.

Take Cow dung or Dre dung, and let it
be mingled with strong Vineger, and in the
evening apply it being made very hot, vpon
his feet, and wrap vpon the hoofe a piece
of Leather, or some old rags to keepe in the
heat, and within two dressings it shall be
remedied.

For a Horse that is stung with an Adder
or Snake, a present remedy.

Take threē handfulls of Hancle (it is a
weed commonly knowne) and Stampe it,
and put it in new milke, and with a horne
drench him: D: take hony and salt, and two
Onions. then Stampe them and apply it to
the sore place, and drench him with this
composition as followeth: Wine a quart,
and

Treasure.

and puf into it white Pepper, Herbe-grace
and Lime, with a little Triacle.

And if he be prickt with a nayle, this is
a sure remedy, search well to finde out the
nayle, his Hauke being cleane pared, espe-
cially the corrupted place or hæle, where
the nayle had festered, then take Rose-en and
Mar to fill the same place, and with an hot
yron, melt the stone Pitch vpon it, and lay
the upon some Cotten, then being wel shod
again, you may trauel him at your pleasure.

If your Horse by chance drinke a Hoze-
leech, he is in great danger, for by their suc-
king they will kill him: but presently take
swæt Sallet Oyle, and powre into his
mouth the quantity of a quarter of a pinte,
and it will destroy them presently.

If your horse swallow doctene Hensdung
in his Hay, it will so fret his guts, that he
will boyde at his Fundament very soule
ercrements, which being perceived, make
him a drench with Daishy seed, Smalledge
seed, Honey and Wine, and walke him at
least after it two houres.

If your horse haue the Botts, give him
euery morning two handfuls of Egrimo-
ny, without any other meat in his Racke,

The Widowes

till six houres after, and within four or
fve daies it shall destroy them.

If your Horse be lulusie about the eares,
neck or taile, or any other part of his body,
take a pound of the best Soape you can get,
and halfe a pound of Quicksiluer mortified
with Aqua vitæ, and with this oyntment
you shall destroy them.

If he cannot passe, giue him a quart of
Chalke-water somewhat warme, if bro-
ken-winded, take Lung-wort dried, or
Dwarfe Gentian, and mingle it with his
water that he drinkeith, till he mend.

If he be scab by, let him be let blood, and
afterward with this oyntment let him be
anoynted where the scabs are. Take Soot
of the Chimney, soft Soape, the iuyce of
Hemlockes and Vineger, Quicksiluer, li-
quid Pitch and Honey, and mingle them till
they come to be an oyntment. Kill the Mer-
cury with fasting spittle.

If his backe be galled, take the powder
of two old Shooes being burnt, with a
pretty quantity of Butter molten, and
powre it vpon your Horses backe very hot,
then after that, put the powder therein.

This is approued.

An

Treasure.

An excellent medicine for a sore Horse
back, if it be never so sore bruised, if
there be a Fistula, it healeth it, or
any dead flesh.

Take a quantity of Allom and burne it,
and also take a handfull or more of Barley
and burne it, then take the powder thereof
and mix it with the Koch-Allom, being
both mingled together, powre it vpon the
sore morning and euening, but if the sore
be corrupt and full of dead flesh, then use
more of the Koch-Allom, then of the pow-
der of Barley, and when it beginneth to
heale, use them both together, but more of
the Barley than of the Allom: this is a most
excellent remedy. If you haue no Allom
presently, let hym take a good quantity of
Butter and Vergis, and put it vpon the
fire, and make it very hot, and so powre it
vpon the sore morning and euening, laying
a little Hay and a cloth thereon, and bin-
ding it close all night.

If the horse be pinched and swelne, then
keepe it warme, and dip a pad of Hay in
water, and lay it vpon it, and keepe the Pad-
dle or somewhat else vpon it all night, and
it will allay the swelling. Prooued.

The Widowes

A present remedy for the Cow-slix.

Take a pottle or a gallon of faire water, and put therein so many Hedge sloes as wil suffice to be steeped in the said water, and set it ouer the fire to seeth, and therewith mingle the powder of Chalke egges: which you may haue at the Kylne, because it is the best and finest in medicin: and giue it your Cattell.

For faint Cattell, as well Cow, Oxe,
Bull, or Steere.

Onely Vergisis the remedy given them to drinke, and presently turned into a good pasture.

Or else thus: take for euery one a pinte of Vergis, and put thereto a little handfull of Bay Salt, and therewith rub their tongues, and afterwards let them drinke the rest, as we haue before declared.

Sometimes also by euill feeding or brem-
sing, their teeth are loose that they feed not,
which you shall remedy thus. Take the
taile of the beast thus diseased, and with
your hand feele for soft places, which being
found, slit it along, and binde it vp againe
with soot and Garlike mingled together,
and it will helpe presently.

Buf

Treasure.

But the most perfectest medicine that may be giuen, is to haue this speciall care, that they want no water.

An excellent drench to be giuen to Cattell, either at the Spring time, or fall of the Leate.

Take hard Scoot that commonly is vpon the poasts of a house, or Rafe where the smoake hath his issue, which being beaten into powder with Way Salt, saeth the same in running Water, and give it them to drinke, ranke Iuy with the Scoot and Salt, and when the Iuy is soft, wring out the iuyce, and straine it thorow a strainer, and let your cattell drinke thereof bloud-warme. Often proued.

If they be hide-bound, take the leaues of Flower-de-luce, straine them, and let them drinke the iuyce thereof. It is proued.

If they be swolne of the taient, give them to drinke presently mans Wine mingled with Salt and Viacle. Approved.

If your Cattell, viz. Horses, milch. Bine or Dren, happen to be bruised or wounded by any misfortune, presently give them to drinke the iuyce of Saniicle, and also apply the Herbe to the outward part where the griefe

The Widowes

griefe may happen. Comphrey is of the same vertue, especially for a fall, squat or bruse.

Snailes stamped with swete leaven and Comphrey, and apply it to any part of the Beast that is pricked with a thorne, it will draw it forth soone.

For Cattell that are sick, or hurt.

The blood of a Gray mixed with Salt, and instilled into the hornes of Beasts is approued, so to preserue them from the Murrain.

If you suspect them to be infected, apply to their nostrils the herbe Penycriall somewhat b used.

Cut the Beast in some part, and put into the wound powder of blacke Hellebore, which is of this singular vertur, to draw unto it any poysoned humour, and it yieldeþ present remedy.

A soueraigne drinke for all manner of Cattell that you suspect to be Lung-sick.

Take the herbe that is called Cowslip, or Lung-wort, it groweth vnder every hedge, and stampe it, and put thereto fine creke, and Madder with good Ale, and with

Treasure.

a horne, or pretty Tunnell, drinch either your Horse, Oxe, Cow, or Swine, and it shall yeld preient remedy, if there be any disease in the Lungs.

Dwarfe Gentian, of some called Mock-Gillofer, small chopt and giuen to Swine, and all other Cattell, it preserueth them wonderfully from the Murren, and all such contagious diseases as happen to Cattell in corrupt times.

The bitter Wetch is most profitable to be giuen to Oren, or other Vine, that you are desirous to haue scone fatted.

The water which standeth in the hollowes of Beeches, doth perfectly cure the naughty scurfe and wild Letters, or scabs of Men, Horses, Vine, or Wheepe, if they be walshed therewithall.

The leaues of black Elder are very good Fodder and feeding for Vine, and causeth them to yeld more of milke.

Prick-timber & Spindle-tree is hurtfull for all Cattell, especially Goates, for it killeth them, if they purge not presently upwards and downwards.

Hogs & Swine are very quick of hearing, and are giuen much to sleepe, and will eat their

The Widowes

their owne pigs, and fed upon vile carriion, which causeth in them many diseases, as Botch, byle, and soxe throat. But the best remedy that I know, is to let them blood vnder the tongue, and to giue them Hadder with Pances, called herbe Trinity, soe in Whay, and it shall heale them presently.

Molt precious and approued drenches
for all Cattell, but especially for

Kine and Oxen.

Take two handfuls of Lungwort, of both kinds of Rue, of the inner rinde of Elder, these being smal chopt, let it be put in a gallon of good Ale, which being set ouer the fire in a skillet, let it aeth vntill a quart be consumed, then stirring it, put thereto of long Pepper, Graines, Liquorice, Anniseeds, Commin seed, and Turmericke, of each an ounce, of Hadder a quarter of a pound, and while thare leethe, take a great bowle-dish, and put therein a handfull of Bay Salt, halfe a handfull of Garlike, three or four new laid Egges, Shells and all, two bals of Dilament, grinde all these things with a pestle in the bowle, then take the liquor aforesaid from the fire till it be halfe cold, Add yet the warme liquor into the bowle, with

Treasure.

With the Garlike, Salt, Egges, and Oylament, bryew them together well, and let the Cattell drinke of it blood-warme.

Oftentimes by many occasions, Oxen wil pisse bloud, which may be holpen thus. Take iiij.ounces of Woomseeds, ij.unces of Pepper, iiij.ounces of red Phasioli made all in powder, & mingle it with a pottle of white wine, & when you give it them, stir it wel together & drench the twice or thrice a day.

Another excellent drench.

Take Bayberies a handfull, of Comine-seeds two ounces, a handfull of Madder, a boule of Oylament, of Fenecreke, Turmericke & Triacle, of each an ounce, of Anniseeds, and graines, of each two ounces, these being well pounded, put them in a gallon of good Ale, and set them ouer the fire till they be blood-warme, and suffer not your beasts to drinke till noone in the Summer, and in the Winter not till night.

The vertue of Angelica, or Heale-all.

If any person be suddenly infected with the Pestilence, feuer, or immoderate sweat, let him take this root in powder the weight of a Groat, and put thereto a dramme of Triacle, and then compound them with source

The Widowes

soure spoonfulls of the water of the said root, and then after hee hath drunke, let him lye, and sweat fasting for the space of 4. houres. It is appponed.

The root steeped in Wineger and smelt vnto, and the same Wineger sometime drunke fasting, is an excellent preseruatiue.

The root and water thereof is excellent against all inward diseases, it scowreth the gatherings of a pluriſie when it beginneth: It helpeth corrupted Lungs, good against the Collicae, Strangurie, and prouoketh termes menstruall in Women, helpeth inflammations and swellings. The iuyce of the root asswageth the paine in the teeth being put into it, and worketh excellently against the paine of the Eyes, the iuyce of the root dropped into the Eye, quickneth the sight, and purgeth it from all filth, and the water, or powder of the Leafe or Root, hath an excellent vertue for healing of rotten Ulcers, and cankerous sores, so that it cleaneth them, and couereth the bone with good flesh.

The herbe Cardus benedictus, or blesſed Thistle, is most excellent against the head-ach: being eaten or drunke, it is good against

Treasure.

against the giddiness of the head, and comforsteth the memory, and restoreth hearing: the leafe, iuyce, seed, and water healeth all kinde of poysone: for the water hath healed a woman whose brest was eaten with a Canker into the very ribs.

Balme sodden in white-wine, and drunke thre or four mornings together, purgeth the Brest, helpeth the short-winded, comforsteth the heart, driveth away dumpish heauiness, helpeth the falling sicknesse, and all other diseases. If you will distil Balme, chop the herbe small, and steepe it in white wine a night: it is of a soueraigne vertue, for it delivereth women from their pangs and griefe of the mother: also it cureth the paines of the heart, it restoreth the memory, and causeth sweet and pleasant sleepe.

Bettony hath like vertues, it is of soueraigne vertue to breake winde, and comforsteth a weake stomack, either the herbe or flower boyled, or the water distilled, the drie herbe in powder worketh all these effects, and then alone, or with hony, women that are troubled with the mother, let them use it: To be shott, the leafe, flower, or root of Bettony sodden or drunke in Conserue,

Electu-

The Widowes Treasure.

Gledetary, Groot, potion or powder is singular for all Diseases of the Stomack, Liver, Spleene, Kidneys, or bladder. It reareth the matter from obstruction, and draweth from thence all hurtfull impastures, for consumption of the Lungs, Coughs, Dropes, continual Feuers comming from the Stomack : boyle the leaves and flowers of Betony in hony water, and you shall have present remedy.

To dry and heale vp all sores.

Take of common wallet Dyle a pound, of Ceruite four ounces, of Litarge three ounces, Myrrhe halfe an ounce, make these into a deare cloth which is made of war.

Approued against the Plague.

Take Aqua vita thre ounces, Rose water an ounce and a halfe, wherein lay in steepes thre drammes of Synamon, yellow Saunders one dramme : straine it thorow an haireynner and sweeten it with conserue of Roses, then take an ounce thereof euery morning, either in a spoone, or upon a toast of bread.

FINIS.